

Creating Confident Caregivers®

A program for persons caring for an individual living with dementia and/or memory loss.



About the program -

Creating Confident Caregivers® provides persons caring for an individual with dementia, living at home with information, skills and attitudes to manage stress and learn effective caregiving skills. Two-hour sessions, led by a dementia-care specialist, are held once each week for six weeks. This program provides the SAVVY Caregiver Program, a tested and effective program.

What's in It for You?

Increase your knowledge of

- Dementia and its effects on the brain
- Caregiver resources

Practice developing caregiving skills and strategies to

- Manage dementia-related behaviors in a way that is less frustrating for both you and your loved one
- Take better care of yourself

Free Respite Care -

Care for your person with memory loss can be provided free of charge so you may attend the sessions.

*Ask for details when you register.

Testimonial -

"After the first class, I felt a weight had been lifted. I learned so much. It's helpful to know what I'm experiencing is normal and I'm not alone."

Classes Scheduled -

January 16th – February 20th, 2018 (Tuesdays) 4:30– 6:30pm
at Tri-County Office on Aging in Lansing, MI. 48911

PRE-REGISTRATION REQUIRED - FOR NON-PROFESSIONAL CAREGIVERS ONLY

To register or for more information contact Linda Davis (517) 887-1447 davisl@tcoa.org

Provided by Tri-County Office on Aging www.tcoa.org